

take for Goal Zero five

Avoid injury
& reduce
environmental
impacts.

Take five minutes
to consider how to
do the job safely.

Take five seconds
to think about what
you're going to do.

Take five items
to reflect on when
the job is done.

For additional help and information, please
contact your D/S/C ES&H Department or
check :<http://www.fnal.gov/takefive/>.



Ask yourself:

Is this drug safe to take before I do my
assigned task?

What guidelines and limitations should be in
place for new drivers at work and home?

How can I be sure I won't injure myself while
lifting this heavy load?

How can I increase my visibility to motorists
when biking or motorcycling?

Is my life or someone else's worth risking by
answering the cell phone while driving?

Think about:

Storing your medications in a safe place.

Avoiding weather hazards like hot vehicles,
sunburns, dehydration, and insect bites.

Getting help to lift heavy or awkward loads.

Wearing bright colors when biking or
motorcycling.

Pulling your car over to make or answer a call.

Improving ES&H in your work area and at
home.

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